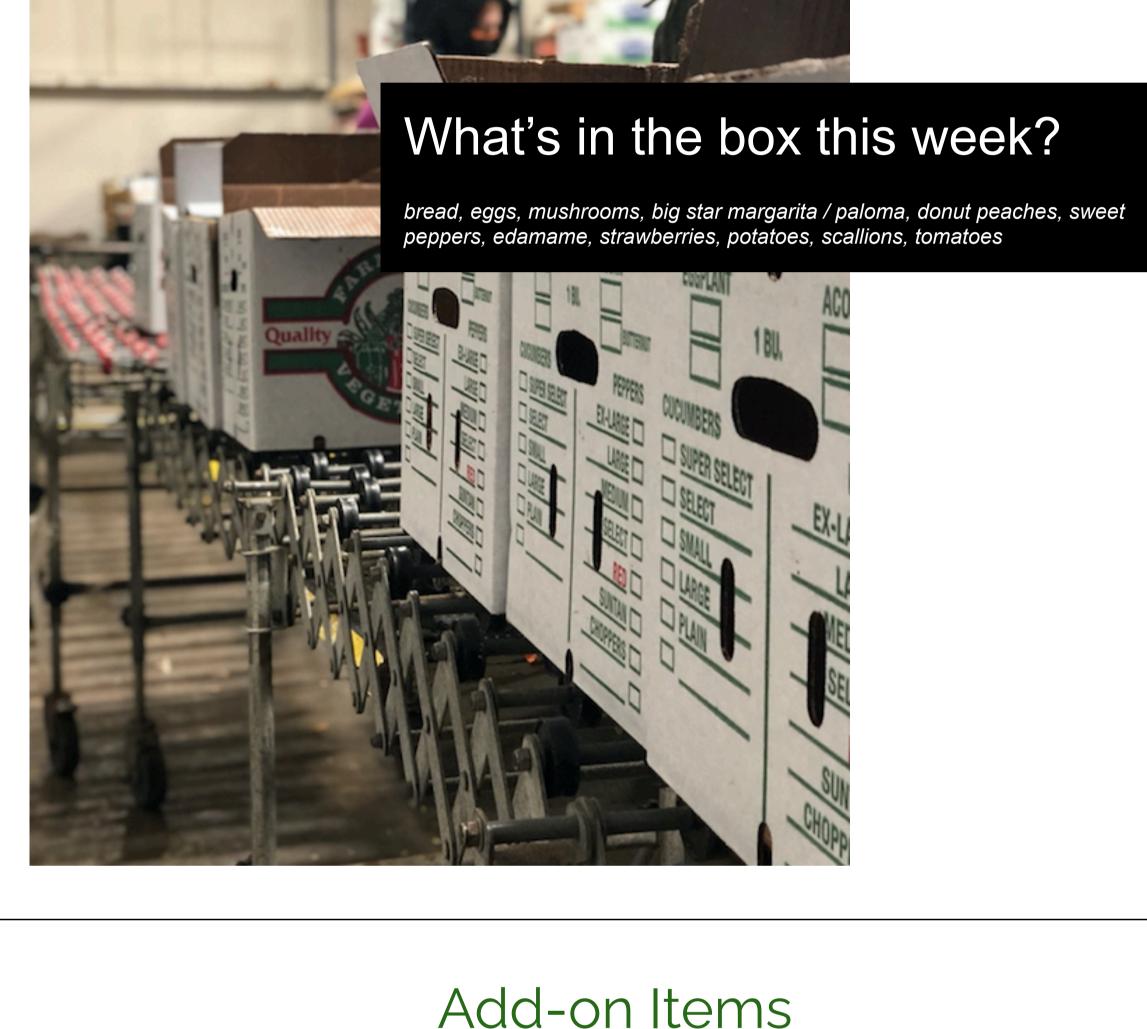
NEWSLETTER ARCHIVE - CLICK HERE FOR PAST NEWSLETTERS

Welcome to LUCSA Week 15!

Any share changes or requests must be submitted to lucsa@theurbancanopy.org by **Monday at**

noon! Thank you!



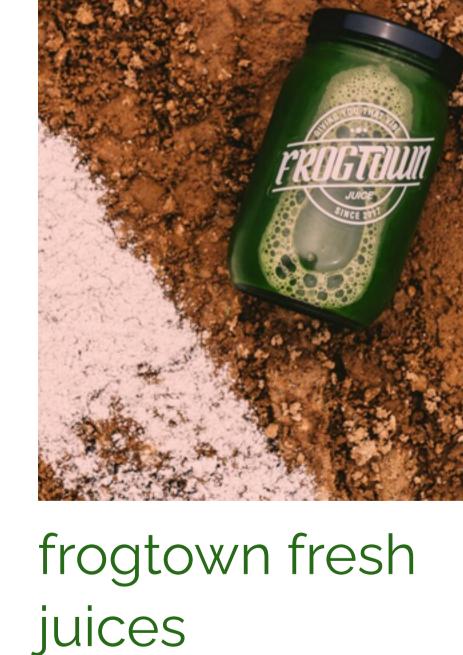
All from local businesses! Order weekly until Monday at **noon**.

CLICK HERE FOR THE ADD ON ORDER FORM



three peanut butter cookies - if you're all about peanut butter, this is the pack for you! these cookies are crisp around the edges with a soft, chewy center,

rolled in sugar. vegan!



two 8oz glass bottles apple // pear // ginger

kale // apple // lemon // coconut water // broccoli // cucumber

& much more available!

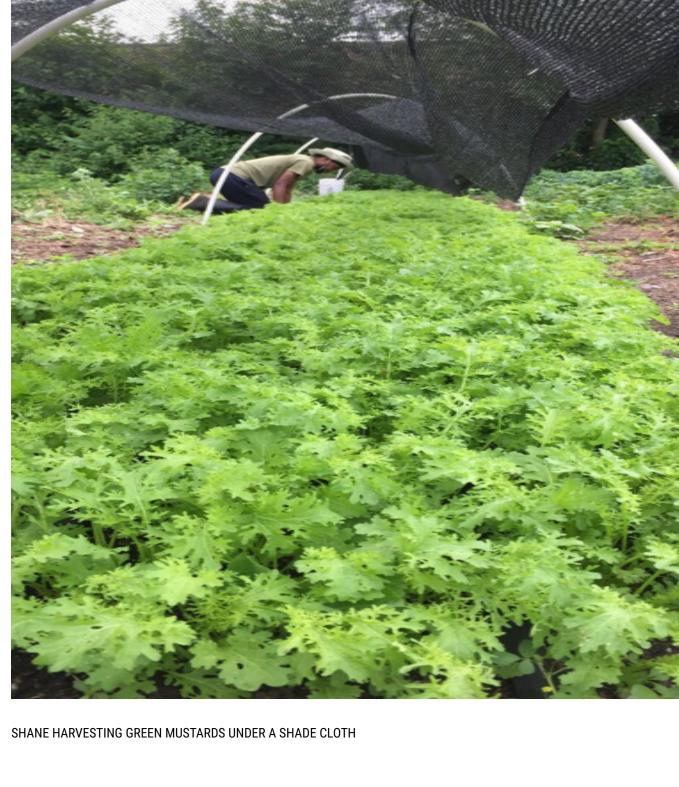


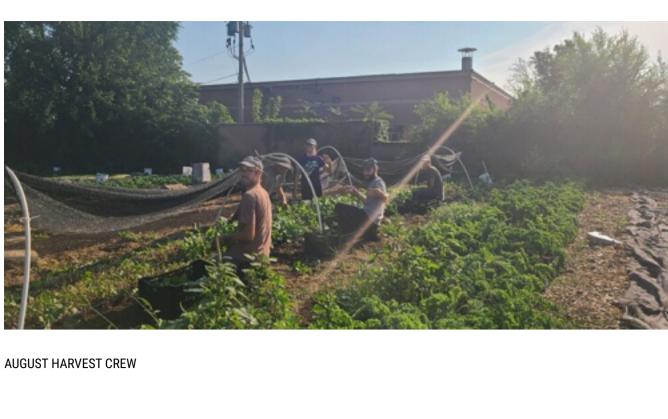
slice o cake!

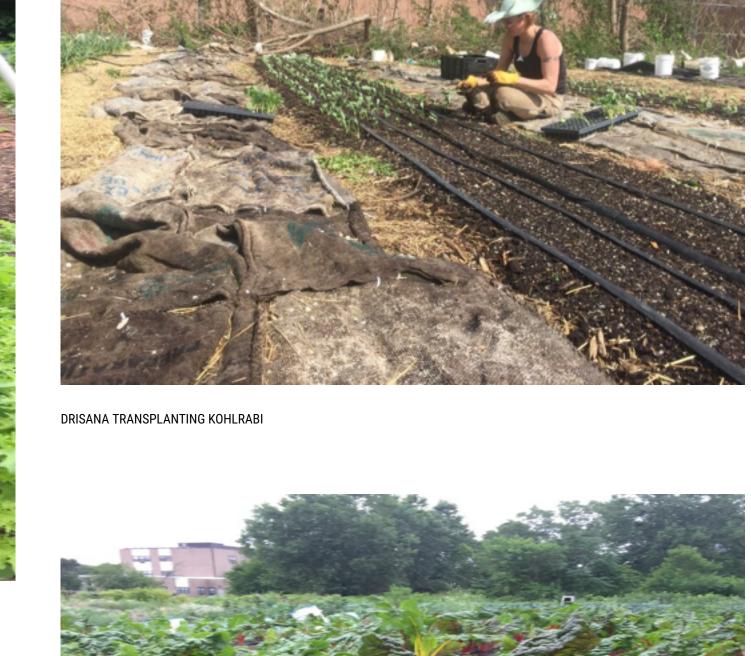
slice. soft, spiced, delicious. vegan. made with local il flour by uc's own bonnie shultz.

pumpkin coffee cake with pecan streusel. 1 large

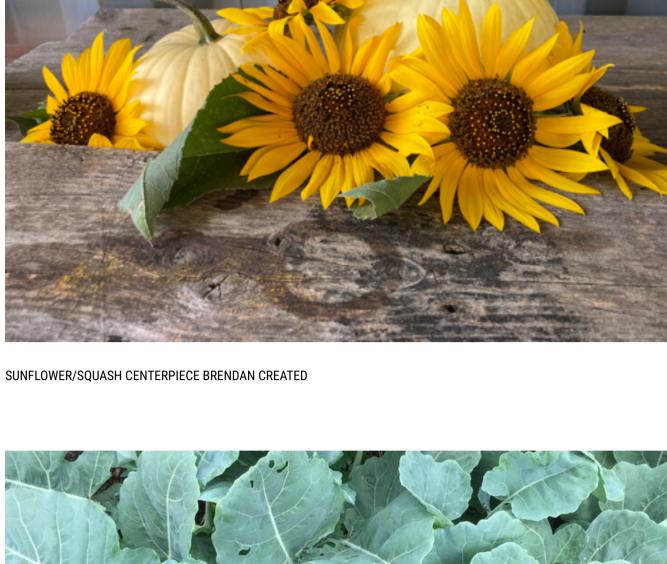
From the Farm

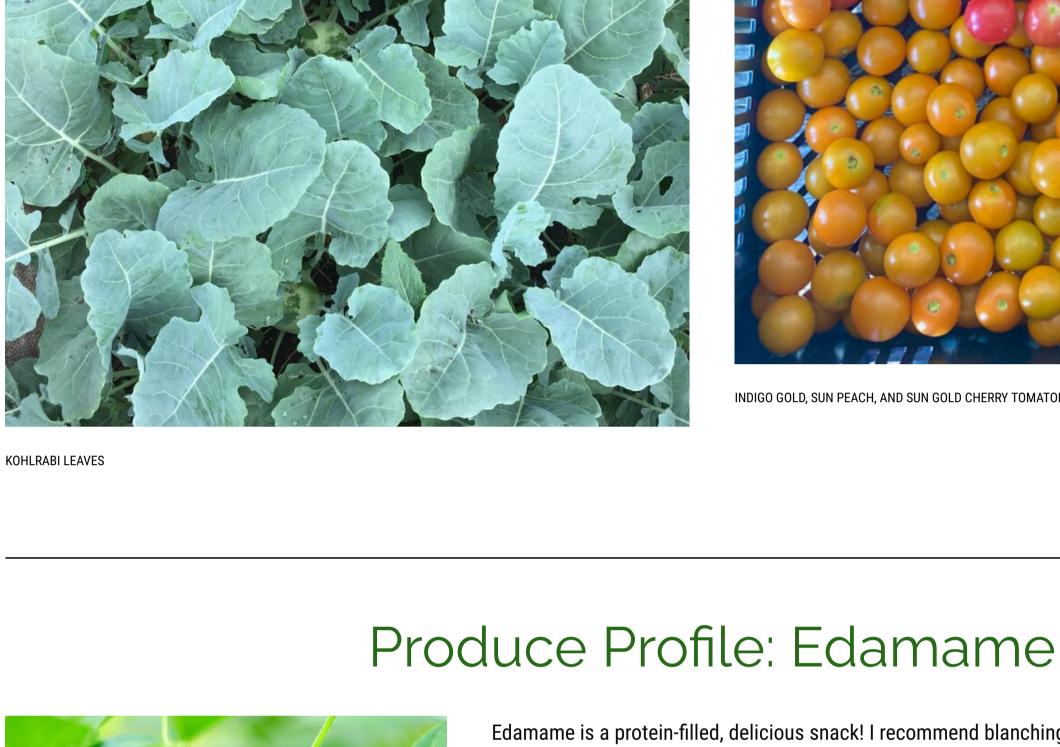






SWISS CHARD







Edamame is a protein-filled, delicious snack! I recommend blanching and freezing your edamame right away

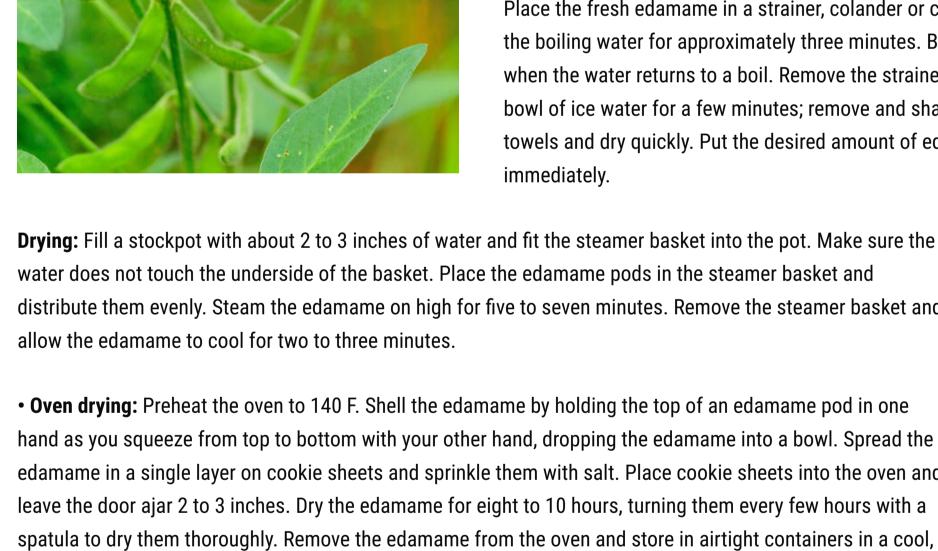
so you can use it whenever you're ready - it'll be just as tasty and nutritious! Then you can add it to your fried

rice, succotash, or fry it up for a snack (my favorite way). Make sure you have a bowl for discarding the shells!

Freezing: Fill a large stockpot with water. Stir in approximately 1 tablespoon of salt for every gallon of water. Heat to a rapid boil. Fill a large bowl with water and add ice. Place a towel flat on the table or countertop near the bowl. Label gallon- or quart-sized zip-top freezer bags with the date using a permanent marker or pen. Place the fresh edamame in a strainer, colander or cooking basket. Immerse the strainer with edamame into the boiling water for approximately three minutes. Begin timing as soon as the beans are in the water, not when the water returns to a boil. Remove the strainer of edamame from the boiling water and plunge it into the bowl of ice water for a few minutes; remove and shake off excess water. Place the edamame on the paper

Storage and preparation tips from NDSU Field to Fork:

:-)



appreciate your flexibility.

Potatoes: PrairiErth_Earm (Atlanta, IL)

discolor.

they are really dry.

Yellow Onions: Nichols_Farm_and_Orchard (Marengo, IL)

Turnips: PrairiErth_Farm (Atlanta, IL)

• Wash everything before eating!

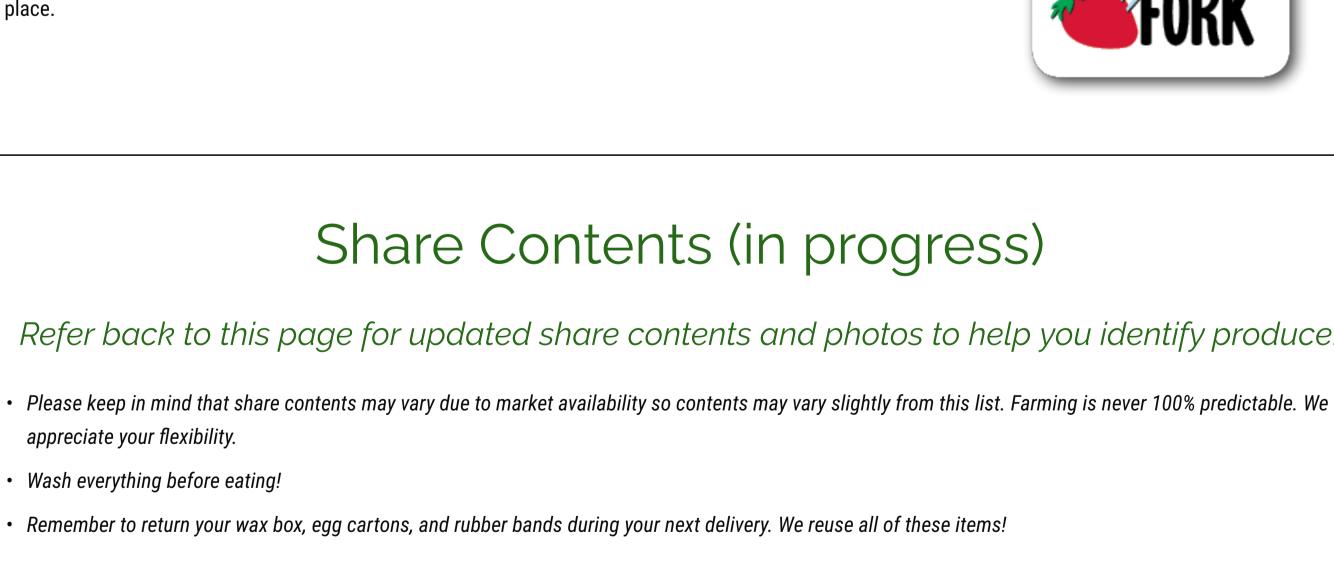
dry place.

Beverage

Bread

towels and dry quickly. Put the desired amount of edamame into each labeled freezer bag and freeze immediately. **Drying:** Fill a stockpot with about 2 to 3 inches of water and fit the steamer basket into the pot. Make sure the water does not touch the underside of the basket. Place the edamame pods in the steamer basket and distribute them evenly. Steam the edamame on high for five to seven minutes. Remove the steamer basket and • Oven drying: Preheat the oven to 140 F. Shell the edamame by holding the top of an edamame pod in one hand as you squeeze from top to bottom with your other hand, dropping the edamame into a bowl. Spread the edamame in a single layer on cookie sheets and sprinkle them with salt. Place cookie sheets into the oven and

Share Contents (in progress) Refer back to this page for updated share contents and photos to help you identify produce!



Spicy Margarita + Paloma: Big Star (Chicago, IL) Each can is a serving size of two drinks! Wednesday: Foccacia pHlour_Bakery (Andersonville, Chicago)

- Thursday: Sourdough Round, Publican Quality Bread (Fulton Market, Chicago, IL) Friday: Seeded Rye pHlour_Bakery (Andersonville, Chicago) Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast or croutons! Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's particularly hot you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)
- Eggs: Finn's Steak and Egg Ranch (Buchanan, MI) Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or crack whole into oiled muffin tins, and keep frozen for up to 6 months. Mushrooms

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or in a perforated paper bag, for up to 6 months.

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Friday: Crimini Mushrooms, River_Valley_Mushrooms (Burlington, WI) Storage Tip - Keep out of plastic. Open up your paper bag to reduce moisture. Smoke, dehydrate or par-cook and freeze for longer storage. Donut Peaches: Seedling Orchard (South Haven, MI) Storage Tip - Keep at consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Wednesday: Brown Clamshell Mushrooms, Mycopia_Mushrooms (Scottville, MI)

Cherry Tomatoes / Slicer Tomatoes: The Urban Canopy (Englewood, Chicago, IL),

<u>Thursday</u>: Portabella Mushrooms, River_Valley_Mushrooms (Burlington, WI)

- Edamame: Nichols Farm and Orchard (Marengo, IL) Storage Tip - For best quality, use edamame within two to three days of harvesting. Store fresh edamame in a refrigerator in a perforated plastic bag or freeze as described. Properly frozen edamame will retain its flavor and quality up to 12 months. Refrigerate recipes containing edamame and use within four days. Freezing: Fill a large stockpot with water. Stir in approximately 1 tablespoon of salt for every gallon of water. Heat to a rapid boil. Fill a large bowl with water and add ice. Place a towel flat on the table or countertop near the bowl. Label gallon- or quart-sized zip-top freezer bags with the date. Place the fresh edamame in a strainer. Immerse the strainer with edamame into the boiling water for approximately three minutes. Begin timing as soon as the beans are in the water, not when the water returns to a boil. Remove
- the paper towels and dry quickly. Put the desired amount of edamame into each labeled freezer bag and freeze immediately. Sweet Peppers: The Urban Canopy (Englewood, Chicago, IL), PrairiErth Farm (Atlanta, IL), Wild Coyote (Berrien Springs, MI) Storage Tip - Store dry in an open plastic bag in the crisper for up to two weeks.

Scallions: PrairiErth_Farm (Atlanta, IL) / Cooking Greens: The Urban_Canopy (Englewood, Chicago, IL)

down on extra moisture. Then store in a plastic bag in the fridge for up to a week.

Strawberries: Mick_Klug_Farm (St. Joseph, MI) Storage Tip - Don't wash or remove stems until you are ready to eat your berries. Pick through your berries and remove any bad ones. Store in the fridge on a paper towel to absorb excess moisture. Berries should keep in the fridge for 3-4 days. If you are going to freeze berries, trim off stems and freeze on a sheet tray then transfer to a plastic bag once fully frozen. <u>SUBS</u> (items for people who opt out of beverage, eggs, bread or mushrooms or having a conflicting allergy) * Subs are subject to change Cucumbers: Relish Chicago Farm (Chicago, IL)

Storage Tip - Cucumbers store best around 50 degrees. Much colder and they will lose some of their sweetness and are more likely to bruise. You can store them in a

cool spot in the pantry or the warmest spot of the fridge. Kept in the fridge they should be used within 3-4 days. Cucumbers are also very sensitive to mold, so make sure

the strainer of edamame from the boiling water and plunge it into the bowl of ice water for a few minutes; remove and shake off excess water. Place the edamame on

Storage Tip - Scallions: Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to

Storage Tip - Chard, kale, collards: Remove from compostable green bag. Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard or_in_a_perforated_paper_bag, for up to 6 months. Beets: The Urban Canopy (Englewood, Chicago, IL) Storage Tip - Separate greens from the root for the root to last longer the fridge. Keep the roots dry and tightly sealed in a bag in the crisper for up to a month. Greens should be used within 2 days.

Scallions: PrairiErth_Farm (Atlanta, IL) / Cooking Greens: The Urban_Canopy (Englewood, Chicago, IL) Storage Tip - Scallions: Stand upright in an inch of water in a jar or glass, cover tips with a plastic bag and store in the refrigerator. Change the water if it starts to discolor. Storage Tip - Chard, kale, collards: Remove from compostable green bag. Make sure greens are good and dry. You can wrap the greens in a paper or cloth towel to cut

Storage Tip - Remove greens from the root for the root to last in the crisper or a plastic bag in the fridge. Greens should be used within 2 days.

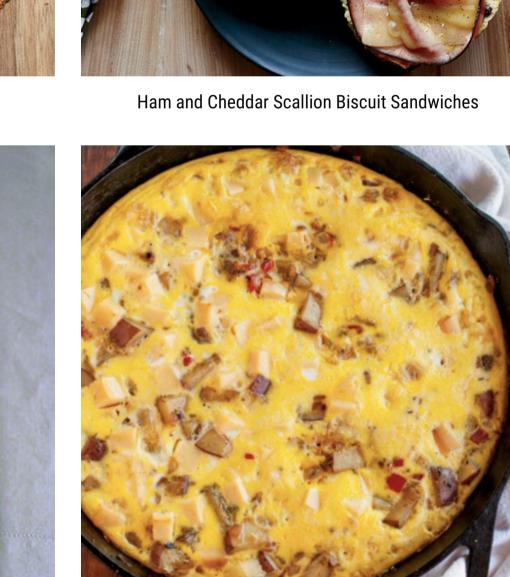
Recipe Recommendations

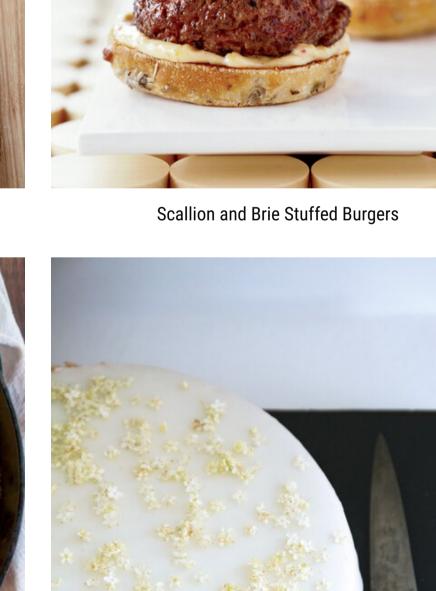
down on extra moisture. Then store in a plastic bag in the fridge for up to a week.

Click on the image to access the recipe

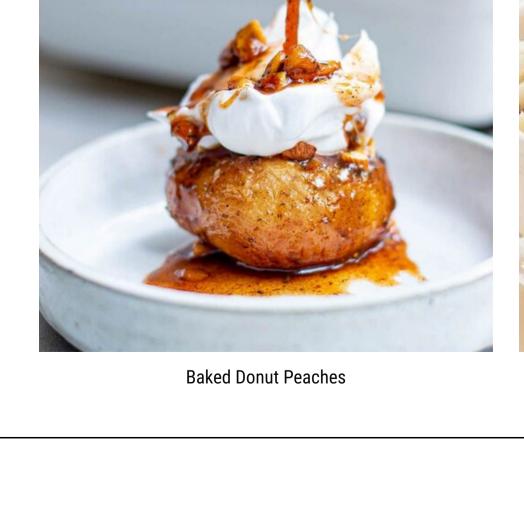
Shrimp Fried Rice (edamame+scallions) Blistered Edamame







Grilled Fish Tacos w Scallions and Cilantro Crema



Potato and Goat Cheese Pierogi



©2020 The Urban Canopy

Support Our Work with a \$ Contribution (NOT tax deductible!)

Tomato Tartines with Whipped Goat Cheese and Thyme info@theurbancanopy.org 2550 S Leavitt St, Chicago, IL 60608

Potato + Red Pepper Frittata w Gouda Strawberry Elderflower Cake